



THE NEW HOME

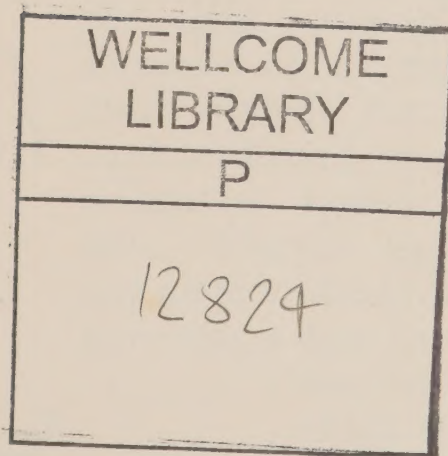
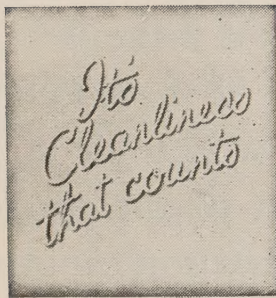




22503537884

THE NEW HOME

A Handbook for Tenants



PUBLISHED BY
THE HEALTH AND CLEANLINESS COUNCIL
5, TAVISTOCK SQUARE, LONDON, W.C. 1

FOREWORD

CLEARLY, since you are reading this book, you are either a tenant or intending to be one. As a tenant, you will be living on the property of another person . . . it is his house, but **YOUR HOME**.

There is a difference here and a big one, for you can have a house without having a home.

A home is what you make it. It should be a place of leisure and comfort. It should compel husband, wife and children to like it, to wish to be in it. It should be a place which trains children to the proper use of comfort and leisure, proper consideration for others, and the proper way of life and living.

First Edition, 1937
Reprinted, February, 1938
Reprinted, July, 1938

THE NEW HOME

HOMELY HINTS

ON HEALTH

Cleanliness is the family's first home rule, for cleanliness is the first law of health, and health is essential to happiness.

Household dirt (including dust) is dangerous to health and the home must be kept as free from it as possible.

A child will always remember the lessons of a clean home.

ON LIGHTING

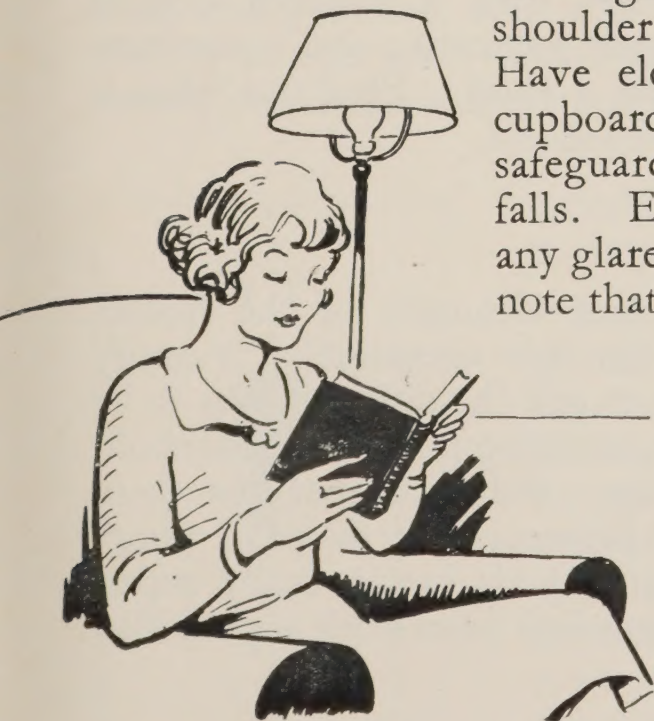
Bad lighting favours a poor standard of cleanliness. Arrange tables, etc., so as to get a good light from the windows. Hang window curtains well back, and if you have light inner curtains, keep them very clean. Clean windows weekly, or oftener if they get dull.

If electricity is available, sufficiently powerful lamps should be placed in the most advantageous positions for reading and sewing, with the light coming over the left shoulder on to the book or work. Have electric lamps fixed in dark cupboards and on dim staircases—a safeguard against breakages and falls. Electric light need not give any glare to the eyes, and it is well to note that it does not in any way pol-

lute the air you breathe, which should be kept as clean and pure as possible. To ensure clear light, use lamp shades which can be easily washed with soap and water.



Keep curtains away from the windows.



Take care of your eyes.

ON FRESH AIR

Keep windows open as much as possible. Occasionally the noise and dust of traffic make this impossible during the middle of the day. Air that is kept moving is invigorating.



Use a vacuum cleaner.

ON DUST

Dust may carry germs; it irritates the throat and nose and may reach the lungs. Thus it may infect the body or make it more liable to infection. Search for hidden dust and dirt, and remove it; if you cannot prevent it from collecting, clean it out frequently. The electric vacuum cleaner provides the most hygienic way of getting rid of dust

without causing some of it to get into the air. Some clubs and Women's Institutes own a vacuum cleaner which may be hired for a small payment; and sometimes it is possible to hire one from a shop. Find out what is possible in your own neighbourhood.

ON CLEANSERS

Soap and water are the best cleansers of the house. Sunlight and fresh air are the best cleansers of a stuffy room. Several special soaps to suit the different jobs to be done (such as flakes, powders, scouring powders, household and toilet soaps) are on sale. Polish keeps dust from accumulating in crevices and preserves the wood of floors and furniture. Dust and spilt liquids can be easily wiped from a polished surface. Varnished paintwork should also be polished.

HOT WATER IS AN ESSENTIAL OF CLEANLINESS

Hot water is a real blessing, especially if there are children in the house. Modern electric equipment will boil water at any time without smoke or fumes, which may be dangerous to health.

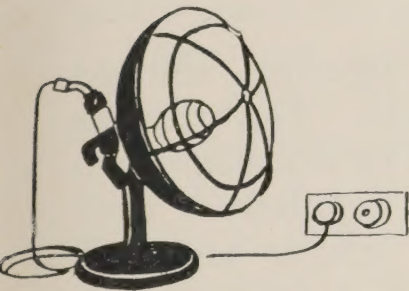


An electric water-heater.

PORTABLE ELECTRIC FIRES SAVE MONEY IN THE END

By these you can carry

the warmth where it is most wanted, instead of making and keeping several fires. See that the electric fires have guards fixed to them.



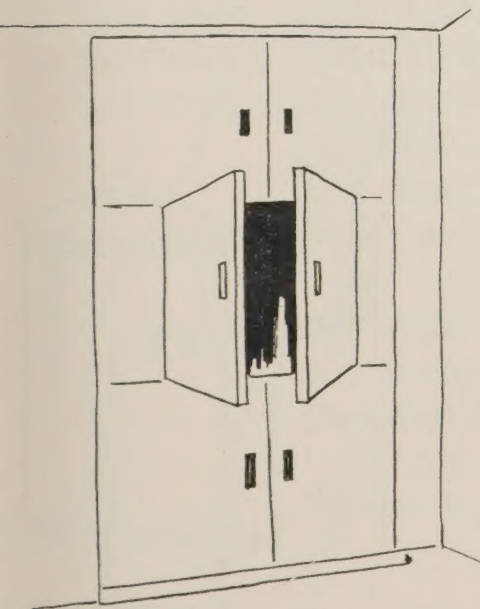
Fix fire guards.

ON FURNITURE AND FURNISHING

Don't have any unnecessary furniture in a room. It makes the work of cleaning more difficult, takes up too much space, and gives an impression of stuffiness. Furniture has to be kept clean and polished, and it is labour-saving to get rid of what is not in use. Don't allow a piece of furniture to remain unless there is a good reason for keeping it.

DON'T PUT DIRT AWAY IN YOUR CUPBOARDS

Built-in cupboards and wardrobes should be turned out and scrubbed regularly with soap and water and allowed to dry. Built-in cupboards though more dust-proof are less well-aired than movable furniture and must not be neglected. If you have an electric vacuum cleaner, use it to suck out dirt and dust from the corners and ledges.



Save space.

UNCOVERED WOODEN FLOORS AND LINOLEUMS SHOULD BE KEPT POLISHED

Occasional scrubbing with soap and water and quick drying are necessary. A 'skin' of polish prevents dust sinking into cracks and joints. In many

kitchens and sculleries the floors are tiled or concreted, and it is then a mistake to cover them with linoleum.



A good scrub.

KEEP YOUR CEILINGS CLEAN

In these modern days with electric lighting, ceilings keep much cleaner than they used to do. Nevertheless they should not be neglected, but should be brushed down and distempered regularly. They will stay clean longer and will reflect more light.

(For household repairs, see page 18.)

HOUSEHOLD REFUSE

In the interest of cleanliness this must be carefully collected and stored and regularly removed.

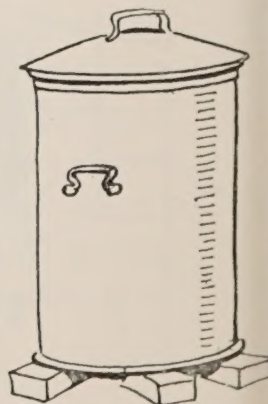
If you burn coal or coke and wish to sift the cinders for further burning, throw a cloth over the sieve before riddling them, or clouds of irritating dust will arise.

When you have put anything in the dustbin, at once replace the lid; otherwise flies can travel from filth to food; dust also may rise to contaminate the air.

"Burn what you can; bin what you can't" is a good motto.



Don't let the ashes escape.



Keep the dustbin dry.

Damp refuse, which decays very quickly and is a breeding-ground for germs, should be burnt if possible, if not, wrap it in a paper before putting it in a bin; keep the bin clean by lining it with paper or at least placing a layer of thick paper in the bottom after emptying. Stand the dustbin upon three bricks to keep it dry underneath.

All waste animal and vegetable matter possesses good manurial value for the garden; dig down two spits, deposit refuse and replace all the soil which has been dug. Water from boiled clean green vegetables makes good foundation for soup; it is also a good garden fertilizer for plants which need rich food.

Keep the sink clean. There is no rule more important than this. Use soda and hot water frequently to remove grease from the waste pipe. Clean out at least once a week the gullies which take sink and bath

waste; also the gully which takes rainwater from the roof.

Drains are important servants of health and cleanliness.

Take great care to keep all drains clear.

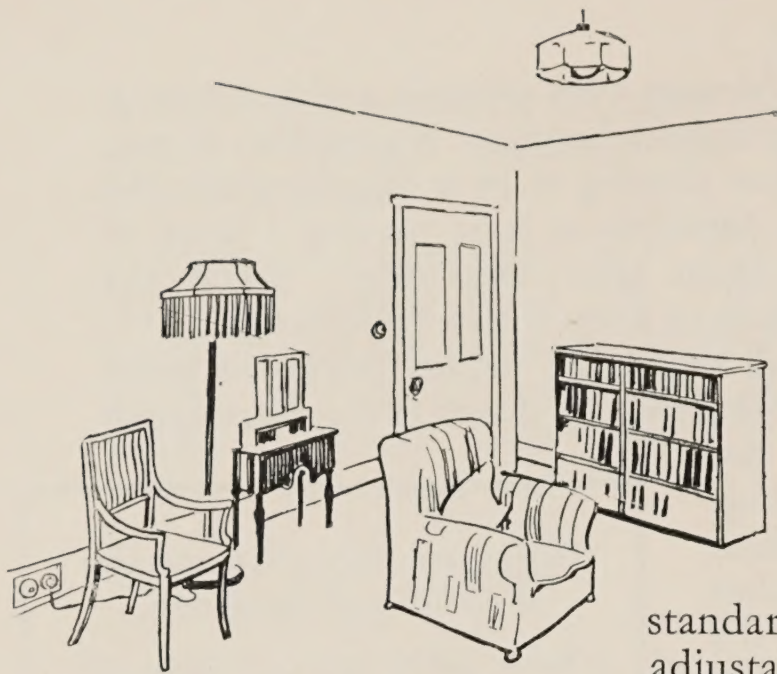
If you suspect any trouble, inform the Estate Manager or Sanitary Inspector at once.



THE LIVING ROOMS

ON WINDOWS

Open all the windows wide first thing in the morning. Let the house be flooded with fresh air. Only in fogs should windows be closed.



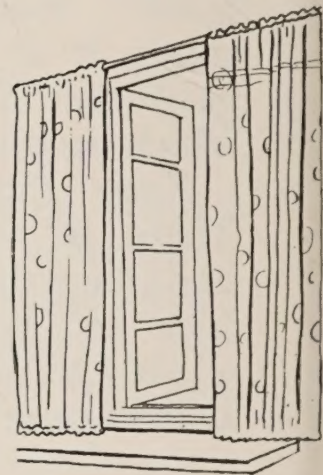
Arrange the living room well.

standard or adjustable side lamps are best for the eyes,

as they can be moved to the most advantageous position.

WINDOW-CURTAINS AND BLINDS

Blinds are dust collectors. Do without them by arranging your curtains so that they serve as blinds.



No need for blinds.

KITCHEN AND LARDER



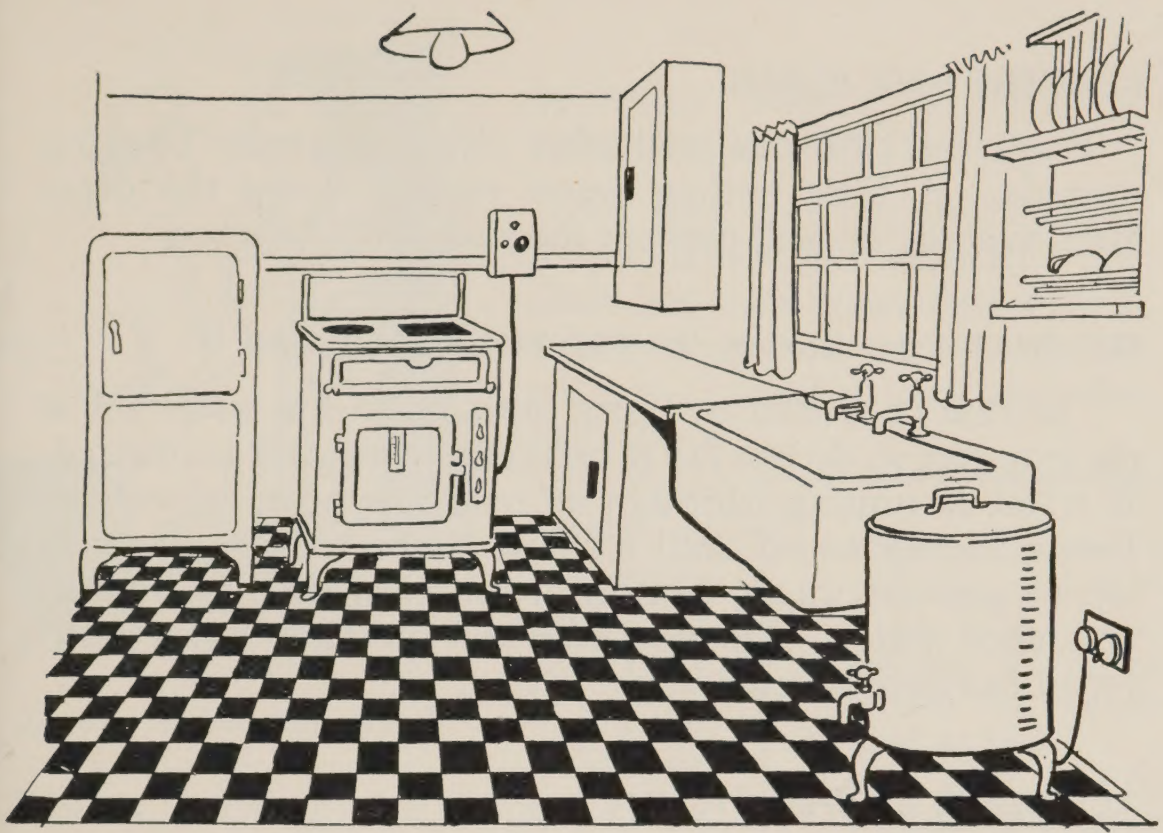
Is your kitchen cupboard tidy?

KITCHEN IS THE HOME "HEAD-QUARTERS"

You can reduce the risk of fatigue by arranging everything carefully—"a place for everything and everything in its place" is a good motto—know where everything is and see that each article is put back in its place. Cleanliness here is the family's best home rule.

HAVE A MODERN EASILY CLEANED COOKER

Where electricity is available, make enquiries about hiring an electric cooker, which is economical, easy to use and easy to keep clean.



The all-electric kitchen planned for easy working.

KITCHEN PLANNING

Save waste of energy by arranging your kitchen so that everything in it is handy. Prevent stooping and backache by having the kitchen table higher than an ordinary table. You will probably have to take the sink as you find it. But if you have a say in the matter, see that the sink is of the height that is best for your use.

TABLE-TOPS MUST BE KEPT SPECIALLY CLEAN

The ideal kitchen table has a washable top of enamel. Otherwise the top should be covered in washable material, and other tables should be frequently polished. Polish makes a smooth surface from which to wipe off dust.

MAKE YOUR "WASHING-UP" EASY

Before putting greasy plates into your soapy water, scrape them with a knife on to a piece of paper. This will save your dish-cloth and keep the sink cleaner. All vessels which have contained milk should first be rinsed in cold water and then well washed in hot water.



Scrape grease off plates.

KEEP THE SINK CLEAN

Wash the sink out well after cleaning greasy cooking utensils. A little boiling water poured down the drain after washing up will prevent the sink being blocked.

SEE THAT YOU KNOW WHERE YOUR STOP TAP IS

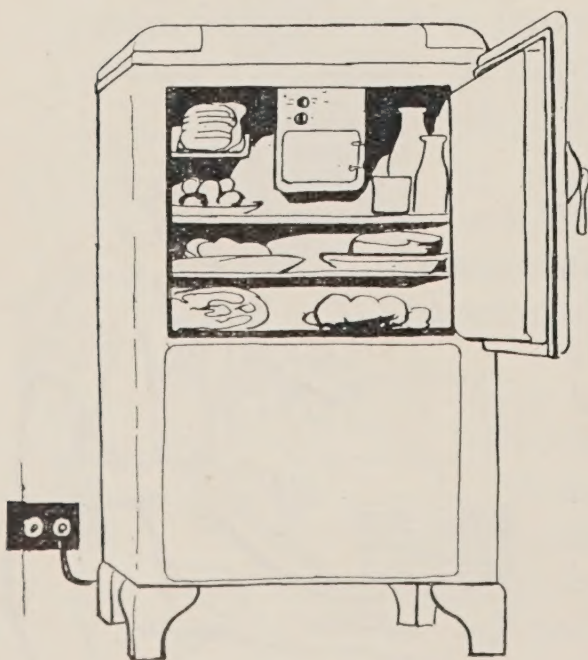
In case of frozen or burst pipes, turn the water off at the stop tap, so do not fail to ascertain where this is situated. If water is running through an overflow pipe, inform the Estate Manager and until a repair is effected use the stop tap to prevent waste, turning it on from time to time as you need water. Do not draw off any hot water until repair has been effected.

ACCIDENTS IN THE KITCHEN

Most home accidents happen in the kitchen. Small children should not be allowed to play there unattended. See that the floor is even and the linoleum without holes in which folk may trip. Care may prevent most accidents, and cleanliness may prevent small accidents from causing blood poisoning. Good lighting helps to prevent accidents.

MAKE SURE YOUR FOOD IS CLEAN AND SAFE

It is best to buy fresh food. But in order to store what is left over and to keep the milk in good condition, there



should be a refrigerator in every house. Refrigerators were at one time considered to be a luxury for the few, but prices both for the equipment and the current consumed are constantly decreasing and their use should be general. When you have a good refrigerator, you do not need a larder, unless you have a large amount of food to store.

A modern refrigerator.



Buy your food in clean shops.

SHOPPING WISELY IS GETTING GOOD VALUE FOR MONEY

See that you buy from clean shops, where the assistants are clean and have clean habits, and where dogs and other animals are not allowed to run over the premises.

See that there is no blowing into paper bags which hold your

cakes, and see that your food is wrapped in clean paper. Don't buy disease with your food. Make sure your bread is handled and delivered in a clean manner.

Modern equipment is the housewife's blessing — but whether you're up-to-date or out-of-date, be clean!

Never leave the fire without its guard if there are children about. It is not safe.

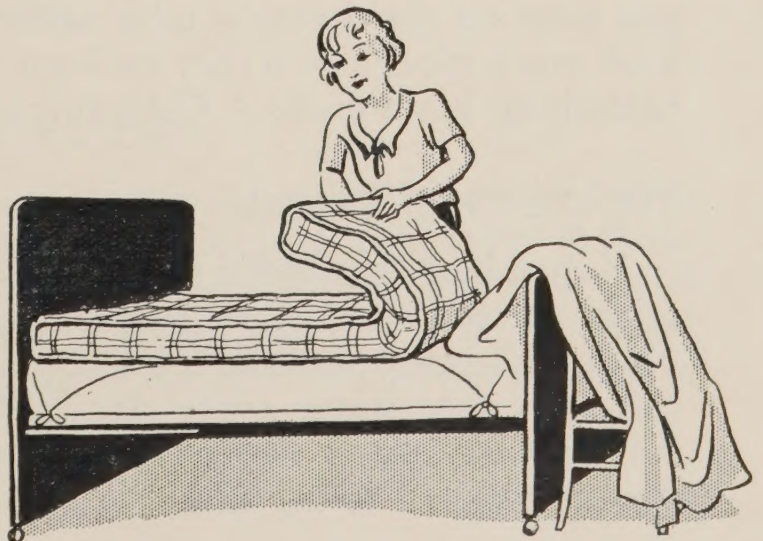
THE BEDROOMS

KEEP BEDROOMS AS AIRY AS POSSIBLE

The bedroom windows should be open as much as possible during the night and should be opened wide as soon as the occupants are up in the morning.

BEDS WILL BE MORE COMFORTABLE IF THEY ARE WELL LOOKED AFTER

The bed should be stripped on rising. Children should be taught to do this and to leave the mattress to air — it should be turned every day. Dust can best be removed by an electric vacuum cleaner from



mattress, blankets, pillows and eiderdowns. Useful hints on washing bed linen will be found on page 17, "Hints for the Busy Housewife," copies of which may be obtained from the Health and Cleanliness Council, 5, Tavistock Square, London, W.C. 1.



The comfort of electric bed lights.

GOOD LIGHTS FOR READING IN BED

If you like reading in bed, arrange an electric light over the bed head, preferably a modern one which is actually attached to the bed. The light should be shaded, so that the rays all fall downwards.

POLISHED FLOORS ARE BEST

Rugs at the bedside and in front of the dressing table or chest of drawers are sufficient covering for the bedroom floor; but if you have a carpet see that it is vacuumed frequently. Stains can be removed by washing with carpet soap and water (see "Hints for the Busy Housewife," page 8).

AS LITTLE FURNITURE AS POSSIBLE

It is not necessary to have much furniture in the bedrooms, and it is suggested that the bed, dressing table, wardrobe, chest of drawers, and a small chair are sufficient. Don't put mats on the dressing table and chest of drawers; these look much nicer bare if they are kept well polished. Under-furnishing is no crime. Over-furnishing means overwork.

THE USE OF CHAMBERS

If chambers are used in the bedroom, great care should be taken to see that they are emptied and washed thoroughly clean with hot water and a good soap-powder, then rinsed out with cold water every day. Many people nowadays rely entirely upon the lavatory and mothers train their young children to use this.



Keep your brushes clean.

THE BATHROOM AND CLOSET

TOILET ARTICLES ARE STRICTLY PERSONAL

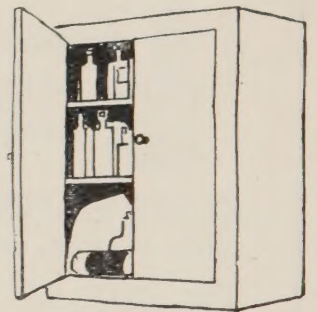
All members of the family should have their own toilet articles, and no tooth-brush or hair-brush should be used except by its owner. Wash cloths and face towels can be home-made at little cost—the best parts of worn-out sheets and other articles can be made into face cloths and towels. Wash all toilet brushes regularly in a good soapy lather and dry in the sun if possible.

WASH ALL OVER EVERY DAY

A daily bath is desirable and with a little planning can usually be managed. Remember to rinse out the bath for the next person.

KEEP THE BATHROOM CLEAN

Both bathroom and water-closet should be kept clear of unnecessary articles. If you have a small wall-cupboard in the bathroom for first-aid necessities, medicine glass etc., see that both the cupboard and contents are always spotlessly clean. Do not allow unwanted medicines to accumulate. Make sure that no poisonous substances are stored in the medicine cupboard.



Useful medicine cupboard.

THE USE OF THE WATER-CLOSET

When the children are old enough to use the water-closet, teach them to use it with cleanliness, and to leave it clean. Teach them always to wash their hands immediately after using the water-closet. Toilet paper is not expensive. The most frequent cause of blocked drains—a menace to health—is the use of newspaper.



Grow your own vegetables.

THE GARDEN

GARDENING IS HEALTH AND
HAPPINESS IN ONE

If you have only a small garden make enquiries as to whether you can rent an allotment. It means a constant supply of fresh vegetables which are so important to health, plenty of healthy exercise and a great deal of interest. To many people gardening is one of the greatest joys of life.

CLEAN CLOTHES AFTER EXERCISE

Gardening is very good exercise, and after having done heavy work make sure that you wash down and change into fresh clothes. Keep an old suit or an overall for rough work and a pair of stout boots or shoes. Gloves worn for heavy work will protect the hands from blisters.

A tidy toolshed makes for easy working: do not leave tools lying about.

Protect any open cuts in the skin with plaster before you garden. The germ of tetanus (lockjaw) lurks in the soil. Wash your hands clean after gardening.

help to protect them from dirt. Wash your hands and scrub your nails after even a few minutes' weeding. Wipe your boots, too, for baby's toys and baby's hands often touch the floor you walk on.

WASH YOUR HANDS WHEN YOU COME IN

Remember that what is good for the cabbages is not good for you. Digging your nails into a cake of soap before gardening will



Gardening is a pleasant hobby.

CHILDREN

CHILDREN ARE HAPPIEST WHEN THEY ARE BUSY

Give them home occupations and hobbies; encourage games and school interests, and you won't have the neighbours complaining of noise or broken fences. Quite small children can "help mother" and many cleanliness lessons can be taught as part of the game.

THINK OF THE FUTURE

Train the children in good health habits, with as few rules as possible. Cleanliness, rightly chosen food and plenty of rest and fresh air will build healthy young men and women.

WASH ALL OVER AFTER GAMES

At all modern games fields there are facilities for washing; hot and cold water, spray baths and soap are provided. Children sometimes have to bring their own towels. Make sure that the child's name is clearly marked and warn against lending or borrowing towels. If they have to come home without changing after games, see that they wash all over and change as soon as they are in.



Let the toddlers wash themselves.

CLOTHES

MOTHS ARE EXPENSIVE PETS TO KEEP IN A WARDROBE

Turn out cupboards and wardrobes frequently. Do not accumulate rubbish or worn-out clothing. Keep clothes you are storing in tin boxes or well wrapped in newspaper. Moth balls or powdered alum can be used as a preventive of moths.

A SEPARATE DRAWER FOR UNDERCLOTHING

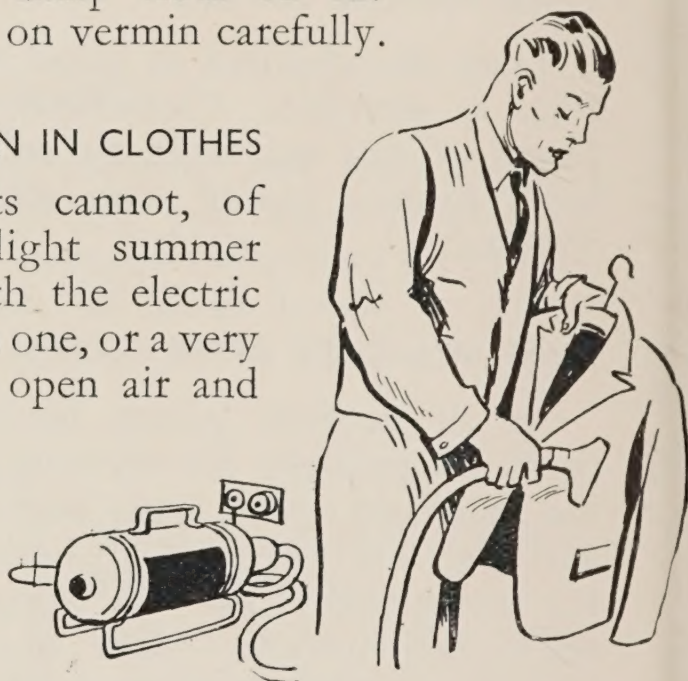
Underclothes should be stored away from day-clothes. They should be washed as often as possible. At night they should be hung out to air instead of being folded.

SOAP THE SEAMS

If you suspect that heavy articles of clothing—greatcoats, men's suits, etc.—may have picked up vermin of some sort, it is a good plan to soap the seams, inside, of course, and then iron through a damp cloth on the outside. Read the section on vermin carefully.

DUST IS DANGEROUS, EVEN IN CLOTHES

Heavy winter garments cannot, of course, be washed like light summer wear, but a run-over with the electric vacuum cleaner, if you own one, or a very thorough shaking in the open air and a good brushing, will help to remove the dust particles.



Get rid of dust.

CHANGE YOUR STOCKINGS

Socks and stockings should be changed frequently and washed as soon as possible. Darn when they are clean, before wearing. Silk and other thin stockings should be washed each time they are worn, as this greatly strengthens them and lengthens their life. Give the children bedroom slippers, home-made if necessary, and do not let them run about in stocking-feet.



Wash socks and stockings often.

Both for health and for comfort it is wise to change socks or stockings after muddy games and after a long hike. Children often have to be reminded of this health rule. It is easy in modern homes with adequate hot water to rub through socks and stockings in the bathroom.

SHOES SHOULD BE WELL POLISHED AS SOON AS THEY ARE TAKEN OFF AND ARE DRY

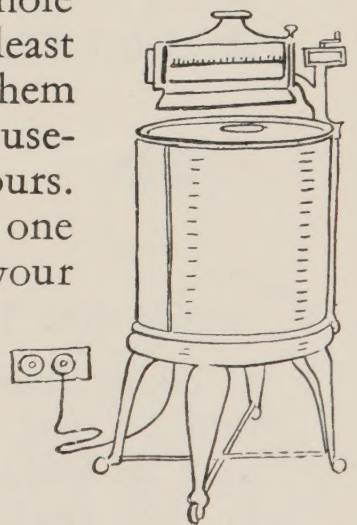
Shoe-trees or clean crumpled paper should be pushed into the toes to keep the shape. Polish not only improves the appearance and lengthens shoe-life, but also makes leather waterproof.

DRY CLOTHES IN THE OPEN AIR

Fresh air is clean and wholesome and gives the best colour to the washing, but on foggy or wet days it is necessary to dry indoors. Old-fashioned houses had racks which could be slung up to the ceiling. To-day you are more likely to find a hot cupboard, warmed by water pipes. Remove any dry linen airing there, then put damp clothes in the cupboard to dry. Do not store an electric iron in a hot cupboard; it is not good for the flex. If, connected with your houses or block of flats, there is a laundry, it is better to use it for washing your clothes than to do the washing in the home.

CLEAN CLOTHES ARE ESSENTIAL FOR HEALTH

Let your wash-day equipment be as up-to-date as possible. An electric wash-boiler will enable you to do your washing more quickly and more easily. The whole family should have clean underclothes at least once a week, and the baby should have them more frequently. Clean overalls help the housewife to keep herself dainty during working hours. Use the Municipal Wash House if there is one in your neighbourhood and you cannot do your washing easily at home. Bed-linen should be as spotlessly clean as body-linen. The electric wash-boiler is an excellent blanket-washer and it abolishes the drudgery of washing by the old-fashioned method. With an



An electric wash-boiler

electric iron, sheets and pillow-cases can easily be made to look as if they were professionally laundered.

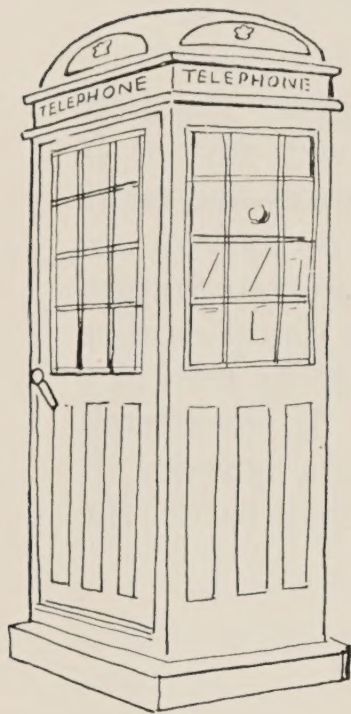
The Council's Booklet, "Hints for the Busy Housewife," has many good wash-day wrinkles.

Send 1½d. stamp.

EMERGENCIES AND REPAIRS

WHAT HAS GONE WRONG ?

Delays are dangerous. Complaints should be made immediately to the Estate Manager before they have time to grow serious. Write your complaint clearly and briefly.



For emergencies.

CAN IT BE MENDED ?

Repairs are partly your affair, partly the estate's. Understand clearly who does what, for a repair neglected may be a danger to health.

TELEPHONE MESSAGES ARE THE QUICKEST

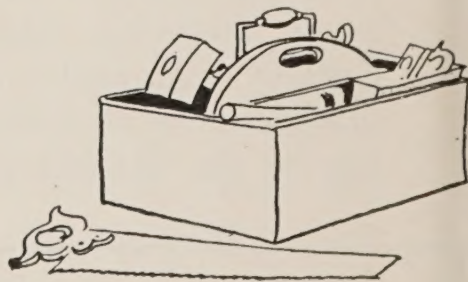
Know where the nearest telephone is and how to use it. Keep emergency pennies ready in the kitchen or sitting-room. You may want a doctor in a hurry one day.

SEE THAT YOU CAN—

Put a new washer on a tap.
Turn the water off at the main tap.
Read your meters.

WHERE HAS THE HAMMER GOT TO?

Tools should be kept in the toolbox and returned there after use. If Father can do small repairs, as they become necessary, it is a real saving. If by any chance you cut yourself with tools, keep the cuts as clean as possible, wash thoroughly, dry carefully with a clean cloth and apply iodine.



Saving carpenter's bills.

FRESH AIR BUT NO DRAUGHTS

Window frames which are ill-fitting should be notified to the Estate Manager. Where they are only slightly too loose, rubber wedges prevent rattling. Tight window frames may be rubbed with good soap to make the sash slide more easily. This also acts as a deterrent to midges, flies, etc.

KEEP WOOD IN GOOD CONDITION

Defective boards in the floor should be notified to the Estate Manager as soon as they are noticed. Linoleum must not be laid on a solid wooden floor (that is a floor without joists and not ventilated by air bricks in the outside walls) or it will certainly cause dry rot. Do not lay linoleum on a concrete or tiled floor, for mildew would form underneath the linoleum.

LEARN A LITTLE FIRST-AID

It is useful for a member of the family to know how to deal with simple accidents, and a small first-aid box kept clean and sufficiently stocked, and out of reach of children, is always a useful provision.

TAKE CARE OF YOUR ELECTRICAL APPLIANCES

See that the flexes of all electrical appliances are in good condition, and are renewed as necessary. A cracked flex is dangerous. Never touch any electrical fittings with wet hands, and if such fittings cannot be kept out of their reach, enforce upon children the rule of keeping their hands off. Always turn off the current at the main switch before mending an electrical fitting.

Electric bulbs need cleaning, but they should never be put into water. Wipe them with a soapy cloth, handling them with great care to avoid jarring the filament, and replace gently without jerking the bulb into its fitting. Electric fires repay attention also. The porcelain finish should be rubbed with a soapy cloth and polished with a soft cloth, while reflectors can be kept bright with a little furniture polish.

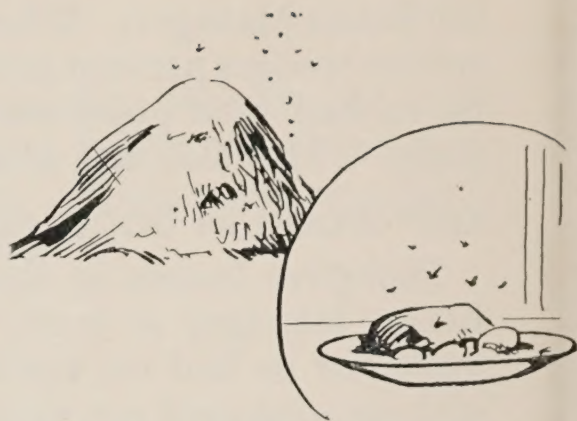


Examining a flex.

VERMIN

THE FLY IS A DANGER

The fly, voyaging from filth to food, from the street to the baby's milk, is a danger. Wire gauze should screen the larder window. Meat, milk, etc., should be kept under fly-proof covers. Leave no refuse in the sink or remains of food lying about. Keep the dustbin dry and covered. No manure or refuse heap should be allowed near the kitchen door. Absolute cleanliness is the surest way of guarding against flies. Buy only from shops where this rule is enforced.



Flies are a menace to health.

IF YOU FEAR THE WORST

Vermin are seldom present in new houses. If you suspect their presence in your old home, ask the Sanitary Inspector to disinfect your belongings when you move. Be very careful of second-hand furniture. It is often infested with bugs. Cleanliness is your greatest safeguard against pests.

FOR FLEAS

Simple cleanliness is the best way of getting rid of fleas. Wash all over daily, have clean clothes as often as possible, and boil cotton and linen bed clothes and body linen for at least five minutes. Blankets should be scanned carefully if there is any reason to suspect the presence of fleas.

BLACKBEETLES AND COCKROACHES



Extreme cleanliness is a weapon against these pests. Make sure the larder is proof against them and leave no food about. If you have a plague of beetles, consult the Sanitary Inspector.

THE BUG

Bugs are found in bedding and in bedsteads, especially in the joints and in the wire of spring mattresses. Bugs are also found in picture frames, particularly behind the paper backing. They are found behind the picture rails and around mouldings. It requires constant effort to get rid of them. Try thorough scrubbing of furniture, floors and skirting boards with strong, hot soap suds, making sure that the water goes right into every crack. Loose torn wallpaper should be stripped and renewed, and cracked plaster repaired. Repeat this process of washing and cleansing and examining the likely places every week for at least three weeks. If all your efforts are unavailing, apply to the Estate Manager or Sanitary Inspector for aid. It may not be your fault that the bugs came, but it is up to you to see that they are removed.

The Department of Health for Scotland state in their pamphlet "The Bed Bug: Prevention of House Infestation," on page 19, that "the virtues of methodical house-cleaning and of soap and water properly applied are given first place among the insect pest preventives."



*You can get rid
of bugs.*

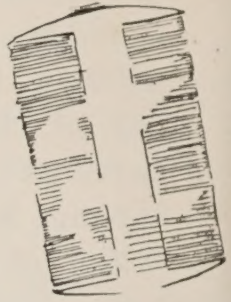
THE BODY LOUSE

Absolute cleanliness is the best cure. Bathe frequently and change underclothes as often as possible. Dirty clothing should be washed and boiled at once, for the insects will migrate as the clothing cools. Boil for at least five minutes, with plenty of soap. It appears to be unnecessary to controvert the statement that vermin in the head are "healthy" or a "sign of strength"—this idea may, however, still obtain in slum districts. As a matter of fact, insect pests spread a great deal of disease and are perhaps even more dangerous than we realize.

THE HEAD LOUSE

A small-tooth comb should be used to free the head of lice, but it is even more important to get rid of the nits (the eggs of head lice which are glued on to the hairs). The following methods may be used for this :

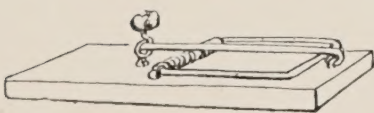
- (i) If there are many nits the hair should be cut quite short, and any nits remaining on the short hairs removed.
- (ii) If there are not many nits present, the hairs with nits on them should be cut away or the nits pulled from the hairs after thoroughly lathering and washing with soft soap and water.
- (iii) Nits can also be removed by using a steel nit comb. To remove nits with this comb as speedily as possible, a strand of hair should be taken, greased with olive oil and water, and the comb passed through the hair and pulled along the length of the hair away from the head.



For ridding the hair of nits.

RATS AND MICE

If the larder is rat-and-mouse proof, and if no food is ever left about, and the lid is kept firmly on the dustbin, it is unlikely that rats or mice will become a problem.



Bait this with cheese !

Mouse traps, baited with bacon or toasted cheese, can be set at night and mouse-holes should be securely stopped. If there is evidence that a rat has found a way into the house, inform the Estate Manager or Sanitary Inspector at once. A cat, if you are allowed to keep one, is an excellent rat and mouse preventive. Rats and mice can do a great deal of damage. It is the tenant's duty to eradicate them.



READER'S NOTES

READER'S NOTES (*Continued*)



